



# AIRSCOOP

**104TH FIGHTER WING • MASSACHUSETTS AIR NATIONAL GUARD**

*Pride, Professionalism, Patriotism*

*Barnes Air National Guard Base*

**January 2015**

Two F-15 Eagles from the 104th Fighter Wing, Massachusetts Air National Guard, conduct training maneuvers on Nov. 13, 2014.

*Photo by Mr. Jim "Hazy" Haseltine*



*Col. James J. Keefe*

## AIRSCOOP

### 104th Fighter Wing

Barnes Air National Guard Base

175 Falcon Drive  
Westfield, MA 01085

www.104fw.ang.af.mil  
E-mail: 104fw.pa@ang.af.mil

**Wing Commander**  
Col. James J. Keefe

**Vice Wing Commander**  
Col. Kenneth Lambrich

**Command**  
**Chief Master Sergeant**  
Chief Master Sgt. Maryanne Walts

**Public Affairs Officer**  
Maj. Mary L. Harrington  
1st. Lt. Anthony Mutti

**Managing Editor**  
Senior Master Sgt. Robert J. Sabonis

**Photo and Graphic Support**  
Public Affairs - Visual Information

# Commander's Column

By Col. James Keefe, 104th Fighter Wing Commander

Happy 2015!

Welcome back from the holidays and Happy New Year. 2015 is shaping up to be another busy and exciting year here at the 104th. Before I discuss some major events coming up in the next 12 months, I'd like to catch everyone up on the last couple of weeks. First, we completed our NORAD Alert Force Evaluation on Dec. 10. We received our highest score since we stood up the alert mission here at Barnes. The IG gave the wing an overall "MISSION READY" rating — the highest rating we could have obtained. Our Quality of Aircraft rating had zero discrepancies noted by the inspection team, an amazing feat given the age of our F-15Cs. What I was most happy with was the comments received about our people, "...professional, dedicated, motivated, teamwork, impressive, timely..." were terms used during the out brief. I know this inspection focused mainly on MXG, OG, and SFS; but it was truly a team effort from everyone on base, across all functional areas, to ensure our alert mission is ready to respond 24/7-365! Everyone on base should feel proud of their input to make the alert execution here at the 104th so successful, which was validated at the NORAD/IG out brief.

We had a hugely successful Children's Christmas party in the main hangar over the December UTA. I received many positive comments about bringing this event back on base. It is important that our families feel that the 104th is another part of their family and understand what we do to defend the nation. I want to thank all of those who supported this event, specifically our Family Readiness Group volunteers, who manned many of the stations in the main hangar. On Dec. 19, we were treated by Carando's meats and Big-Y Super Markets. A small army of workers from both organizations descended on the DFAC and provided a holiday lunch for the entire base. We hope to continue building relationships with organizations like Carando's and Big-Y in the future, as they are willing to partner with us to recognize those who deploy in support of combat operations overseas.

January drill will be filled with preparation for our Sentry Aloha deployment to Hickam AFB. This is the second year in a row we will be participating in this important exercise, which focuses on mission employment in the PACOM area of responsibility. The weather should be nice for those lucky to attend, but the days will be long with a large amount of sorties scheduled to ensure our pilots are trained to the highest levels. We will again be partnering and working with the F-22s from

the Hawaii ANG, as well as other aircraft from our sister services. As we return from this deployment, our major focus will be on our upcoming ACC/IG visit in June. March and May UTA periods are training and AFIS inspections. The ACC/IG visit is scheduled for June 6-10. After our ACC/IG visit, we will be planning for our August deployment to Savannah, which will consist of an embedded employment exercise, a plethora of ancillary and ground training, as well as several team building MWR events. It will be both an enjoyable and productive trip.

Lastly, this Saturday is our annual awards banquet at the Sheraton Springfield. I want to thank our awards banquet team of Staff Sgt. Jen Tittle, Staff Sgt. Dacia Lucas, Senior Airman Amanda Savoie, Tech Sgt Holly Leduyse, and 2nd Lt. Tiffany Slaven; and our MC's 2nd Lt. Nadine Edwards, 2nd Lt. Matt Jasmin, and 1st Lt. James Louis, who have all worked hard to put this excellent event together. Thanks to all of those who are attending as well, as we recognize our fellow Barnestormers who excelled over the past year. It promises to be another outstanding evening.

I am looking forward to a productive 2015 and I again thank you all for your professionalism and your service to our Nation.

Cobra

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**Sexual Assault S.A.F.E. helpline**

**1-877-995-5247**



## First Sergeant's thoughts

By Master Sgt. Thomas Moriarty, 104th FW Headquarters 1st Sgt.

Welcome to the January UTA. I hope everyone had a safe and happy holiday season.

As you all well know the next several months will be busy and sometimes hectic as the base winds up for the upcoming inspection. Take the opportunity now to take an assessment of your personal affairs and decide if any changes need to be made. If over the past year

you have been married or gotten a divorce, you may need to amend your BAH. You may also need to have a family plan, if you are now a single parent or both parents are military. You may want to take a look at your SGLI and make sure you have the proper coverage and the beneficiary is accurate. A will and power of attorney are services that the base can provide at no cost to you. You can reach out to the JAG office and make an appointment to speak with

an attorney. It is my opinion that if you take these steps now, it may prevent a whole host of problems should something happen to you or one of your loved ones. 2014 was a very emotional year having lost members to illness and unforeseen incidents. Cherish every day, because life has a way of taking turns you do not always foresee.

## New year, new Legal office

By Lt. Col. Robin Peterson, 104th Fighter Wing, Staff Judge Advocate

The 104th Fighter Wing Legal Office has gone through some significant changes over the past year, the most significant of which is the addition of three new members to our team. The members of the legal office are: Lt. Col. Robin Peterson, Maj. Christopher Ruscio, Master Sgt. Brian Redfern, and Airman 1st Class Tammy Midwood.

### Lt. Col. Robin Peterson

Lt. Col. Robin Peterson is the Staff Judge Advocate at the 104th Fighter Wing. She has been a member of the Air National Guard for 25 years and has been in the legal career field for 24 years. For Lt. Col. Peterson, serving at the 104th Fighter Wing is a family affair. Her father, retired Tech Sgt. Bob Peterson, ran the machine and welding shop at Barnes ANG Base for many years and retired after 23 years of service. Lt. Col. Peterson's sister, Roberta Sarnacki, also served at Barnes ANGB for 10 years in Base Operations and then in the Medical Group. Lt. Col. Peterson has fond memories of coming to Barnes ANGB for air shows and base family picnics in the 70s and 80s. In the civilian world, Lt. Col. Peterson works for CVS Health in their Real Estate Department. There Lt. Col. Peterson is responsible for purchasing and leasing the land for new and relocated CVS Pharmacies in her territory as well as managing the construction. Lt. Col. Peterson currently manages approximately 300 new and relocated CVS stores. Lt. Col. Peterson resides in Barrington, Rhode Island with her husband and two children. Lt. Col. Peterson's hobbies are kayaking and reading.

### Maj. Christopher Ruscio

Maj. Christopher Ruscio is the Deputy Staff Judge Advocate at the 104th Fighter Wing. Before joining the 104th Fighter Wing, Maj. Ruscio served eight years active duty as a Personnel Officer. While serving for three years

as a Personnel Officer in the 104th Personnel Flight, Maj. Ruscio attended the Western New England University School of Law. After graduating and being admitted to practice in Connecticut and Massachusetts, Maj. Ruscio transferred to the 104th Legal Office. In the civilian world, Maj. Ruscio is an Associate at Doherty, Wallace, Pillsbury & Murphy, P.C. practicing in the areas of civil litigation, alternate dispute resolution and criminal defense. Maj. Ruscio presently resides in Springfield, Massachusetts with his wife and daughter. Maj. Ruscio's hobbies include walking with his two dogs and skiing.



### Master Sgt. Brian Redfern

Master Sgt. Brian Redfern is the Law Office Superintendent for the 104th Fighter Wing Legal Office. Master Sgt. Redfern joined the 104th in 1990 as a Fuels Technician. In 1996, he transferred to the Medical Unit as a Medical Technician where he ultimately served as Superintendent of Nursing Services. In his time with the Medical Unit, he participated in humanitarian relief efforts in Honduras to assist with medical screening of the local populous and New Orleans after hurricane Katrina. In 2013, Master Sgt. Redfern transferred to the Legal Office where he serves as the Law Office Superintendent. Master Sgt. Redfern lives in

West Springfield, Massachusetts. Master Sgt. Redfern has a Bachelor's degree in Computer Programming from Westfield State University. In the civilian world, Master Sgt. Redfern has been a Computer Analyst at Holyoke Community College since 2006. Master Sgt. Redfern's hobbies include SCUBA diving, hiking and travel, and he is currently working on obtaining his private pilots' license.

### Airman 1st Class Tammy Midwood

Airman 1st Class Tammy Midwood joined the 104th Fighter Wing in February of 2014, and is paralegal in the 104th Legal Office. For Airman 1st Class Midwood, enlisting in the 104th Fighter Wing was special because it meant she was following the footsteps of her father-in-law, Senior Master Sgt. Bill Midwood. Senior Master Sgt. Midwood is presently the NCOIC of the 104th Maintenance Group and has been a Barnesstormer for 23 years. In the civilian world, Airman 1st Class Midwood is a paralegal at the law firm of Lobo & Associates, LLC and has been with the firm for four years. Airman 1st Class Midwood lives in Connecticut with her husband and two dogs, and is presently pursuing a baccalaureate degree in Business Management through the University of Connecticut. In her free time Airman 1st Class Midwood enjoys cooking, hiking and traveling.

While the face of the legal office has changed a bit, our mission remains the same: To provide the command staff and members of the 104th Fighter Wing with excellence in legal counsel and service. We provide deployment related legal assistance such as wills, powers of attorneys, advice on employer issues, and the Servicemen's Civil Relief Act. Members may also come see us for notary services. The Legal Office is located in Building 1, Room 119. Please come visit us for walk in hours from 9 a.m. through 11 a.m. on the Saturday UTA, or call us at ext. 698-1244 for an appointment.





## Safety: How goes it?

By Master Sgt. Shannon Huard, 104th Fighter Wing Safety Office

**The unit has experienced three injuries since the last How-Goes-It.**

1. Worker sprained knee; Slip/fall; Not greater than first aid.
2. Worker sprained shoulder; Slip/fall; Not greater than first aid.
3. Worker suffered concussion; Slip/fall; Not reportable.

**The unit has experienced two mishaps since the last How-Goes-It**

1. MJ1 split rim bolt discovered broken; Found during FOD walk; Dull Sword.
2. Radome damaged during lightning strike; Weather; \$78,500.

With winter weather upon us once again, it is important for you to be aware of some slip and fall prevention strategies. All of the injuries we have

experienced since the last UTA were directly related to slips/falls on ice/snow. The following are some tips to help you prevent injury.

Although your hands might be cold, don't put them in your pockets when you are navigating wintry stretches. If you slip, you will need your arms to restore balance. If you fall, your arms will help you to break your fall and land safely.

Wear the proper footwear. Ensure your boots have traction. If your boots are worn, replace them. Ice cleats are available in some areas on base, if needed.

If you think you are approaching a particularly slick area of snow or ice, don't be afraid to explore the area with your toe to see how slippery it is before you put your full weight on the area.

Don't carry large loads while walking on snow or ice – you are asking for trouble! If you do carry a load on an icy walk and feel yourself falling, toss your load so that you can break your fall with your arms.

Take small careful steps instead of large ones. When getting out of a vehicle, step, don't jump. When possible, use handrails, handles – anything that will help you keep your balance. Never run.

Remember that prevention is the best way to stop slips and falls during the winter in icy conditions. On your own property, be sure to shovel driveways, walkways, and sidewalks. Salt high traffic areas if you think ice may form. There are shovels and ice melt located throughout every facility on base. Use these items as necessary.

## Winter weather

Master Sgt. Christopher McCrary, 104th Fighter Wing, Emergency Management

Winter weather can be a minor inconvenience, but all too often it can be downright hazardous. Winter weather, specifically snow and below freezing temperatures, can occur anywhere but should be of particular concern to us here in New England. Even though winter weather returns year after year are you prepared for emergencies?

Winter storms pose a huge threat to our everyday life. From walking out of the house and into your car, to driving to work and completing the work day, winter storms can be hazardous. One of the best ways to prepare for these weather events is to follow the warnings we see on the news and to know and understand the terminology associated with winter storms. According the National Oceanic and Atmospheric Administration this is the important terminology that is used for winter

storm forecasting:

*Winter Storm Outlook:* issued when storm conditions are possible, usually three to five days in advance.

*Winter Storm Watch:* alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Watches are issued 12 to 48 hours before a storm.

*Winter Storm Warning:* issued when hazardous winter weather is imminent or occurring.

*Blizzard Warning:* issued for gusty winds of 35 mph or more, and falling or blowing snow creating visibilities below ¼ of a mile. The conditions should persist for more than three hours.

In addition to knowing and understanding the forecasts you should prepare for general weather threats before winter weather begins. You should make kits for your home and vehicle that contain essential

emergency items. For detailed information on creating emergency kits visit [www.ready.gov](http://www.ready.gov). Emergency preparedness kits should be a priority in the home but especially so in your vehicle, as every year somewhere in the country drivers are stranded in harsh storms.

Winter weather is one of the biggest natural threats in New England. Freezing temperatures and winter storms will affect us every year. However, the threat can be reduced if you prepare for loss of power, hazardous road conditions and intense storms. Make sure you and your family are prepared. As a National Guardsman your family may find themselves without you if you are needed for a winter emergency in the community. It is important that all members of the family are prepared.



## Chaplain's Corner - The value of a friend

By Lt. Col. Stephen Misarski, 104th Fighter Wing Chaplain

Every year, Americans make New Year's resolutions. Every year, most of those Americans break those resolutions within a short amount of time. How can I be part of the few, the proud, the transformed?

If we hold to the third Air Force value, then excellence is our standard. Inevitably, we are going to find something to improve. Lose some pounds or inches. Lose some time on the mile-and-a-half. Gain some reps in the push-ups or sit-ups. Spend more time with my family. Get more serious about my faith. Buckle down more on the books. Improve my performance on the job. All of those are great goals but how do we reach them?

1. Make the resolution as specific as possible. Make SMART (Specific, Measureable, Attainable, Realistic and Timely) goals.
2. Have a Specific Plan to reach a goal. Goals are great but you need a path to reach them.
3. Recruit a Wing Man; an accountability partner. This is obvious and essential. Keeping your resolutions secret means you can abandon them secretly. Accountability requires courage on both parts.
4. Make fewer resolutions; baby steps. Don't try to conquer the world; just one village at a time. Too many goals make the task overwhelming.
5. Prioritize them. My goals or resolutions should reflect my

values; what is really important to me.

6. Give yourself Grace. Often we fail at keeping a resolution and then give up all together. Pick yourself up, dust yourself off and get back in the game. Figure out what went wrong and fix it. Stumbling is not failing but quitting is. Get forgiveness from God, from others, from yourself and move on.
7. Draw on your Faith for power to attain your goal. I believe AA's twelve step program is successful because it does not rely solely on human effort.

If we can help in any way at the Chaplains Office, give us a call (698-1057) or stop in (Building 12; same as the gym). We love to be of use to you.

## Go for Green® promotes healthy eating among installation diners in DFACS

Go for Green® promotes healthy eating among installation diners in Dining Facilities.

*Go for Green® campaign provides easy, actionable ways to eat smarter and healthier.*

On Jan. 1, 2015, foodservices and installation health promotion professionals will be teaming up to bring Go for Green® to local military Dining Facilities (DFACs). Go for Green® is a point-of-selection food-identification program approved by the DoD Food and Nutrition Subcommittee and designed to help service members easily identify the nutritional value of food choices when eating in appropriated dining facilities. Foods are color-coded according to their nutritional impact on performance, both physical and mental. All foods served in a dining facility are labeled by color code. "Green" labels identify foods to eat

often (high-performance foods); "Yellow" identifies foods to eat occasionally (moderate-performance foods); and "Red" labels identify foods to eat rarely (low-performance foods). Coding criteria are based on military nutrition reference standards, the 2010 Dietary Guidelines for Americans, and other recognized national nutrition standards.

The purpose of Go for Green® is to increase awareness of healthy and high-performance food options and increase knowledge of overall good nutritional choices. Program evaluations show that Go for Green® labeling is most helpful for service members making performance-enhancing food choices; and the messages of "eating for performance" and "fueling" resonate well with service members.

Installation foodservice



professionals have teamed with local health-promotion experts and dietitians to train the foodservice staff and educate the diners on the program and about the support programs available to help them use the program. Those programs include a smartphone app that can be downloaded on iTunes and QR codes on all of the poster and marketing materials displayed throughout the cafeteria.

To learn more about the program you can visit <http://hprc-online.org/nutrition/go-for-green> or pick up a Go for Green® pocket guide at your DFAC.

*Refer to the Go for Green guide on the next page for more information.*

# The G4G Guide



Tips to build a healthy plate	Eat Often (Almost anytime)	Eat Occasionally (Select portions carefully)	Eat Rarely (Once in a while)
<b>Vegetables</b> <ul style="list-style-type: none"> <li>• Eat 3–4 cups non-starchy vegetables a day.</li> <li>• Starchy vegetables such as potatoes and corn are in the Grains/Starches group.</li> </ul>	Fresh or frozen vegetables Canned vegetables rinsed to remove salt (green beans, beets) No-added-salt canned vegetables (tomato) Leafy green salads with dark greens (spinach, spring mix) and vegetable toppings	Fresh or frozen vegetables with light sauces Canned vegetables	Fried or tempura vegetables Vegetables with high-fat sauces (Alfredo) Creamed vegetables Some salads; see salad dressings and toppings under Fats/Oils
<b>Fruits</b> <ul style="list-style-type: none"> <li>• Eat 2–2.5 cups of fruit a day.</li> <li>• Eat your fruit, don't drink it.</li> </ul>	Fresh fruit Frozen fruits (all types) with no added sugar/syrup Fruit canned in water or fruit juice Dried fruit (un-sulfured with no added sugar)	Frozen fruit with added sugar/syrups Canned fruit in light syrup Dried fruit (sulfured) 100% fruit juice Some fruit desserts	Dried fruit with coatings (yogurt, chocolate, others) Dried fruit with added sugar (Craisins) Canned fruit in heavy syrup Some fruit desserts
<b>Grains/Starches</b> <ul style="list-style-type: none"> <li>• Choose 100% whole grain for at least half of all grain servings.</li> </ul>	Brown rice, bulgur, quinoa, barley Oatmeal Baked potato/sweet potato with skin Baked sweet-potato "fries" Whole-grain pasta Cereal with less than 10g sugar and at least 3g fiber Whole-grain breads, bagels, rolls, English muffins with 3g or more fiber	White rice, couscous, pasta Cereals with more than 10g sugar Sweetened oatmeal/oatmeal packets Grits, polenta Baked French fries Mashed potatoes (no butter or cream) White breads, bagels, rolls, cornbread	Biscuits, croissants, full-fat muffins Doughnuts, Danishes, pastries, sweetened breads Processed cereals with sugar Fried rice Pasta with cream sauce French fries (fried in oil) Mashed potatoes (butter and/or whole milk/cream), potato casseroles Grits with added fat
<b>Protein</b> <ul style="list-style-type: none"> <li>• Vary your protein choices.</li> <li>• Include seafood/fish twice a week.</li> <li>• Include beans for protein and fiber.</li> </ul>	Egg whites/egg substitutes Fish and shellfish (baked, broiled, grilled) Most fish canned in water (except tuna) Chicken/turkey (without skin) Ground poultry (90% lean) Beans/lentils Tofu or edamame Vegetable or bean burgers/patties (black-bean burgers)	Whole eggs Tuna canned in water Chicken/turkey with skin Pork, ham, Canadian bacon Deli meats Chicken/turkey sausage Beans/lentils with added sugar, fat, ham, bacon Soy patties, links, burgers	Fried meat/poultry/fish/seafood Fried eggs prepared with fat/oil Ground beef, fatty (marbled) cuts of red meat, beef ribs, and corned beef Pork sausage or bacon Hot dogs, kielbasa, bratwurst High-fat deli meats (salami, bologna) Refried (with lard) beans
<b>Fats/Oils</b> <ul style="list-style-type: none"> <li>• Choose healthy fats and oils.</li> </ul>	Oils – olive, canola, safflower, sunflower, sesame, grapeseed Salad dressings made with these oils Nuts and seeds, unsalted Natural nut butters (peanut butter, almond, hazelnut, soy nut)	Oils – vegetable, soy, corn, peanut Salad dressings made with these oils Mayonnaise made with these oils Gravy (made with water or low-fat milk) Margarine spreads with no trans fats Peanut butter with added oils/fats	Oils – coconut, palm, palm kernel Shortening and lard Gravy (made with fat drippings) Most margarines Full-fat creamy salad dressings Cream (half-and-half, whipped, others) Non-dairy creamer (liquid or powdered)
<b>Beverages</b> <ul style="list-style-type: none"> <li>• Choose water instead of sugary beverages.</li> </ul>	Water (plain or carbonated) Flavored seltzers/waters with no artificial sweetener Decaf tea and decaf coffee, plain Herbal tea Low-sodium, 100% vegetable juice Non-fat/skim/1% milk	Sports drinks 100% fruit juice 2% (low-fat) milk Tea and coffee, plain or no more than 2 tsp sugar and 1 tbsp cream Artificially sweetened beverages of any kind (diet sodas, diet teas, many flavored waters)	Coffee and tea with more than 2 tbsp cream and/or 4 tsp sugar Sweetened beverages of any kind (sodas, sweet teas, fruit punches) Whole milk
<b>Dairy</b> <ul style="list-style-type: none"> <li>• Compare sugar contents of yogurt.</li> </ul>	Milk (non-fat, skim, 1%) Milk alternatives (soy, almond, rice with calcium and vitamin D added) Yogurt (non-fat, skim, 1%) Low-fat cottage cheese	Chocolate milk (strawberry or other flavors) Milk (2% fat) Yogurt (2% fat) Cheese (reduced-fat, low-fat)	Whole milk, cream, half-and-half Plain yogurt (about 3% fat) Cottage cheese (about 3% fat) Most cheeses Cream cheese, sour cream
<b>Desserts/Snacks</b> <ul style="list-style-type: none"> <li>• Choose fruit for dessert.</li> <li>• Choose nuts, dairy, fruit, vegetables, and whole foods for snacks.</li> </ul>	Fruit Yogurt-and-fresh-fruit parfait Frozen 100% fruit-juice bars Milk (non-fat, skim, 1%) Other foods from the Green list	Fruit desserts (made with minimal added fats and sugar) Low-fat puddings Frozen yogurt and ice milk Popcorn, pretzels, baked chips	High-sugar frozen ice pops Fruit pies, cobblers Cakes, cookies, most pastries Ice cream, gelato Pudding Fried chips, buttered popcorn

Most snack foods provide few nutrients for our bodies. Choose whole foods instead.

Fruit, vegetables, whole grains, nuts, lean protein, and dairy make perfect mini-meals to maintain energy levels and fuel for performance across the day.

For more information about Go for Green® visit <http://www.hprc-online.org/nutrition/go-for-green>.

Version date: 010314



# Breathing exercises

**Dr. Frank Gallo, Director of Psychological Health**

## Exercise: Breathing 1

This exercise includes instructions for finding out how you breathe now, and good breathing using your diaphragm muscle.

1. Begin by finding a quiet place where you can sit in a chair and pay attention.
2. Place your feet squarely on the ground. Sit up in the chair so your back is straight but not rigid. Relax your shoulders and arms, and place your hands with palms down on your lap, and fingers naturally open. Your head should feel level looking forward. This posture helps you stay awake. There is nothing particularly difficult about doing this exercise. It just requires your attention.
3. Place your left hand on your chest just over your breastbone, and your right hand over your belly button. Look at your hands as you breathe. What is your left hand doing (pause five seconds)? What is your right hand doing (pause five seconds)? Are they moving together (pause five seconds)? Your left hand over your chest should not be moving as you breathe in and out. Your right hand over your belly button should be moving out as you inhale, and in as you exhale. Now check and make sure you are doing this: breathing in belly out, and breathing out belly in (pause 30 seconds).
4. Now relax your shoulders and arms, and return your hands with palms down on your lap, and fingers naturally open.
5. Notice as you breathe, whether your mouth is open or closed (pause 10 seconds). Your mouth should be closed. Breathe through your nose. Breathe in through your nose, feeling your belly going out when you inhale, and breathe out through your nose, feeling your belly going in when you exhale (pause 20 seconds).
6. As you inhale, feel the cool fresh air flowing in through your nostrils filling you up. Silently say to your self, "I feel awake and refreshed" (pause 15 seconds). As you exhale, feel the warm air flowing out through your nostrils. Silently say to your self, "I feel warm and relaxed" (pause 15 seconds).
7. Close your eyes now, or find a place in front of you like the floor or wall where you can fix your gaze, and continue practicing just your breathing (pause 30 seconds).
8. Feel the heaviness of your body as you exhale through your nose. Its weight falls naturally on your belly. Its energy through your legs and feet, and into the ground. Feel the sense of groundedness through your whole body (pause 30 seconds).
9. Remember, breathe in through your nose feeling your belly going out, and exhale through your nose feeling your belly going in. Focus on breathing a little slower, deeper, smoother, and quieter, relaxing more -and-more with each exhale (pause 30 seconds).
10. Gently open your eyes.

## Exercise: Breathing 2

This exercise focuses on your practicing only the mechanics of good breathing.

1. Begin by finding a quiet place where you can sit in a chair and pay attention.
2. Place your feet squarely on the ground. Sit up in the chair so your back is straight but not rigid. Relax your shoulders and arms, and place your hands with palms down on your lap, and fingers naturally open. Your head should feel level looking forward. This posture helps you stay awake. There is nothing particularly difficult about doing this exercise. It just requires your attention.
3. Close your eyes, or find a place in front of you like the floor or wall where you can fix your gaze and practice your breathing.
4. Breathe in through your nose, feeling your belly going out when you inhale, and breathe out through your nose, feeling your belly going in when you exhale (pause 75 seconds).
5. As you inhale, feel the cool fresh air flowing in through your nostrils filling you up. Silently say to your self, "I feel awake and refreshed" (pause 15 seconds). As you exhale, feel the warm air flowing out through your nostrils. Silently say to your self, "I feel warm and relaxed" (pause 15 seconds). Now continue practicing just your breathing (pause 45 seconds).
6. Feel the heaviness of your body as you exhale through your nose. Its weight falls naturally on your belly. Its energy through your legs and feet, and into the ground. Feel the sense of groundedness through your whole body (pause 75 seconds).
7. Remember, breathe in through your nose feeling your belly going out, and exhale through your nose feeling your belly going in. Focus on breathing a little slower, deeper, smoother, and quieter, relaxing more-and-more with each exhale (pause 75 seconds).
8. Gently open your eyes.



## For Your Information

### Barber Shop Open



The Barber Shop will be open for the 2015 UTA dates:  
Enter Building 008, South Entrance.  
POC for Barber Shop operations is Master Sgt. Tina Dimino-Frazer, and she can be reached at (413) 568-9151, x698-1234.



### BASE HONOR GUARD LOOKING FOR NEW MEMBERS

- Be part of the tradition of excellence
- Honor those who have fallen at military funerals
- Represent the ANG & AF at military & sporting events
- All ranks/specialties can apply

Please contact Tech Sgt. Christine Lupacchino or Maj. Matthew Mutti by e-mail.

### PVC CORNER

Did you know that the Pioneer Valley NCO Club is a Non-profit organization? Are you aware of what your membership money goes towards each year? A lot of people don't realize that the NCO Club is more than just a bar. We make donations to many different organizations on behalf of its members throughout the year. This past year we have donated to The Family Readiness Group, we have sponsored a hole in a Golf Tournament for the Soldiers Home fundraiser, and sponsored 10 Veterans from the Soldiers Home for the UTA Thanksgiving Meal just to name a few. Your membership money goes towards all maintenance and improvements made at the NCO Club as well. Without your annual donations none of this would be possible.

It's that time of year again, and the Pioneer Valley NCO Club Coins are available at the NCO Club and with Club Council Representatives. The cost is \$10.



### BARNES FAMILY FLYER

Sign up TODAY to receive the Barnes Family Flyer, a weekly email with information on benefits, entitlements, events and job opportunities for our Barnes family community! Call or email Jennifer Cesaitis today at (413) 568-9151x 698-1183 or email [Jennifer.cesaitis@ang.af.mil](mailto:Jennifer.cesaitis@ang.af.mil)

### Position Available

**Joint Force Headquarters Massachusetts Air National Guard**

**Expires: 15 January 2015 - Dated: 7 December 2014**

**The following position is available for eligible enlisted drill status members of the Massachusetts Air National Guard. This is a permanent position.**

Packages must be received by e-mail to MSgt Kollett NLT **1500** on **15 January 2015**.

**Position:** Knowledge Operations Manager AFSC: 3D071

**Max grade:** TSgt/E-6

**Status:** Drill Status Guardsmen only (military technicians/AGRs are ineligible)

**Duty location:** Joint Force Headquarters, 2 Randolph Road Hanscom AFB, MA 01731

**Workcenter:** JFHQ-MA/A1

**Point of contact:** MSgt Kollett

**Duties and responsibilities:**

Manages the overall process for organizations to plan, coordinate, manage, share, and control information. Identifies and analyzes data, information, and knowledge requirements to facilitate discovery and dissemination of decision-quality information. Leverages the interaction of people, processes, and enterprise technologies to capture, store, organize, share, and control tacit and explicit knowledge. Leverages continuous process improvement techniques to improve mission and business processes, enhancing access to relevant crossfunctional information in a collaborative, timely, and contextual manner. Promotes organizational information as a reusable, shared, protected, consistent, and compliant resource. Manages and enforces use of metadata, enabling data to be accessed, tagged, and searched regardless of physical location, media, source, owner, or other defining characteristics. Assists and educates users on authoritative data sources, data services, and presentation tools to meet organizational objectives. Assists organizations with meeting statutory records management requirements, to include training, policies, and technologies used to identify, organize, protect, share, archive, and dispose of official government records. Operates and manages records, information, management systems, and records staging facilities for long-term and permanent records. Provides assistance and training with Privacy Act, Freedom of Information Act, and Civil Liberties programs. Manages, supervises, and performs planning and implementation activities. Manages implementation and project installation and ensures architecture, configuration, and integration conformity. Develops, plans, and integrates base communications systems. Serves as advisor at meetings for facility design, military construction programs and minor construction planning. Performs mission review with customers. Controls, manages, and monitors project milestones and funding from inception to completion. Determines adequacy and correctness of project packages and amendments. Monitors project status and completion actions. Manages and maintains system installation records, files, and indexes. Evaluates contracts, wartime, support, contingency and exercise plans to determine impact on manpower, equipment, and systems.

**Application procedures:**

Candidates will submit a one page letter of intent, resume (two-page limit), fitness assessment, and a copy of their vMPF Records Review List (RIP) by e-mail to MSgt Nicholas Kollett at:

[nicholas.kollett@ang.af.mil](mailto:nicholas.kollett@ang.af.mil) and [nicholas.kollett.2@us.af.mil](mailto:nicholas.kollett.2@us.af.mil).

Applications must arrive NLT **1500 Hours 15 January 2015**. Late applications will be returned without action. JFHQ will notify non-qualified applicants as soon as possible after receipt. All other applicants will be notified if interviews are required.



## Religion notes

**Protestant Service** on Saturday, Jan. 10, at 11 a.m. in the Chapel. Chaplain Stephen Misarski presiding.

**Orthodox/Catholic Service** on Sunday, Jan. 11, at 11:30 a.m. in the Chapel. Father Ken DeVoie presiding.



## Promotions

### To Senior Airman (E-4)

Nicholas Albert	AMXS
Adam Bourdon	MXS
Anthony Dieni	SFS
Weston Fazzino	SFS
Jonathan Gaines	SFS
Hannah Graydon	SFS
Chelsey Potter	SFS
Brandon Sabonis	LRS
Samuel Schrader	SFS
Aisha Tosado	131FS



### To Technical Sgt. (E-6)

Jason Ballou	AMXS
Scott Dorman	MXS
Julio Gutierrez	MXS
Brian Richardson	MXS
Gary Teele	MXS



### To Master Sgt. (E-7)

Joseph Anteski	MXS
Michael Kearns	AMXS



## Welcome to new members

Adam Mergener	MXS	2 Dec 2014
Austin Von Richthofen	MDG	2 Dec 2014
Daniel Berg	CES	3 Dec 2014
Justin Cousineau	AMXS	10 Dec 2014
Rebecca Braese	FSS	11 Dec 2014
Grant Brown	OSF	16 Dec 2014

## Congratulations on your retirements

SMSgt. Robert Keach	AMXS	16 Jan 2015
CMSgt. John Stec	MOF	16 Jan 2015
TSgt. Benjamin Turnberg	MSG	26 Jan 2015
MSgt Jeffrey Mendrala	LRS	10 Feb 2015

## CCTV broadcast line up

**Channel 7** - Video schedule & Base Info

**Channel 9** - Training videos/Warrior Network

**Channel 10** - Pentagon Channel - inoperative



### Morning

### Training Video

0900-0940	Forklift Fundamentals and Ops
0940-1013	Confined Space Awareness
1013-1023	Basic Ladder Safety
1023-1053	Lockout/Tagout
1053-1101	FOD Prevention
1101-1108	Copyright Infringement

### Afternoon

### Training Video

1300-1340	Forklift Fundamentals and Ops
1340-1413	Confined Space Awareness
1413-1423	Basic Ladder Safety
1423-1453	Lockout/Tagout
1453-1501	FOD Prevention
1501-1508	Copyright Infringement

## DFAC MENU

### WHAT'S FOR LUNCH?

#### Saturday

**Entrée:** Baked fish, pot roast w/gravy, rice, mashed potatoes, cauliflower combo, corn

**Soup:** Chicken chili, vegetable beef & barley

**Salad bar:** A variety of vegetables, salads, and toppings

**Dessert:** Pineapple upside down cake, cherry cobbler, ice cream

#### Sunday

**Entrée:** Oven-fried chicken, Salisbury steak w/gravy, oven-browned potatoes, rice, carrots, broccoli

**Soup:** Chicken chili, vegetable beef & barley

**Salad bar:** A variety of vegetables, salads, and toppings

**Dessert:** Vanilla pudding, devil's food cake w/choc frosting, ice cream

**Short Order:** Burgers, grilled tuna & cheese, grilled chicken sandwiches and fries



## Letting Go, Taking Action, Moving Forward: A Warrior's Path to Living Meaningfully

### Dr. Frank Gallo, Director of Psychological Health

Welcome back from the holidays. I hope you and your

family enjoyed them. This month's Airscoop includes two good breathing exercises using the diaphragm muscle, which we discussed in December. The Breathing 1 exercise includes instructions for finding out how you breathe now, and good breathing using your diaphragm muscle. Breathing 2 exercise focuses on your practicing only the mechanics of good breathing. You may record the exercises and use them regularly.

This month, I am happy to announce the publishing of our new training website for the ANG psychological health program. The website is password protected and outside the LAN so you can access it when you want and where you want in privacy. **You may visit the Wing's SharePoint front page under announcements to obtain the web site address and password.** Key features of the site include self-learning exercises, activities, podcasts, videos, briefs and interactive presentations. Web pages

include as follows:

**Matrix:** Using the Matrix, you can learn and practice sorting your life stories and noticing the unworkability of any strategies you are using to manage pain and how they are getting in the way of living what you want your life to be about in the big picture.

**Me Noticing:** Learning and practicing good breathing, mindfulness, and self-compassion skills are some of the things you can do here.

**Sleep:** Thinking painful thoughts, feeling difficult feelings, remembering upsetting images, or having nightmares could disrupt your sleep. Trying to control these products of mind and your ability to sleep might leave you frustrated and distressed. You can experience painful thoughts, feelings, and images differently, and in doing so, you can move to better sleep that leaves you feeling rested and restored. Here, you can learn steps to sleeping better and turning your nightmares into dreams.

**Substance Use:** Are you thinking about changing your substance use behavior? Change does not happen to people immediately. Change is a

process that starts with being aware of the need to change. It involves making choices and acting to make changes that matter and work for you. Here there are activities, exercises, and handouts to help you start and continue strengthening the change process.

**Family:** You can access resources for you and exercises for improving family and close relationship experiences. You can also access resources for family members and provide them with helpful information about mental health within the family.

**Blog:** Our blog keeps you up-to-date with a variety of mental fitness topics among other things.

**Resources:** Information about trauma, the ANG psychological health program, suicide prevention, and self-assessment tools are just some of the resources you will find here.

In the next Airscoop, we will pick up where we left off in December with continuing your learning skills to stay with pain and building a foundation from which to engage valued living.

#### MASSACHUSETTS AIR NATIONAL GUARD

104th Fighter Wing—PA  
Barnes Air National Guard Base  
175 Falcon Drive, Westfield, MA 01805

[www.104fw.ang.af.mil](http://www.104fw.ang.af.mil)  
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PRIDE,  
PROFESSIONALISM,  
PATRIOTISM

## We're on the Web

**[WWW.104FW.ANG.AF.MIL](http://WWW.104FW.ANG.AF.MIL)**

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